



Program for Promoting University Education Reforms
Supported by the Ministry of Education, Culture, Sports, Science and Technology
Nanzan University, Faculty of Foreign Studies, Department of British and American Studies
Program for the Improvement of Multi-skills in Education to Enable Students to Participate in the Modern Globalized World
International Workshop (Limited to Undergraduate and Graduate Students of Nanzan University Language: English)

Beauty from Within

September 27th, 2010 (Mon)

17:00-18:00 (5th Period)

Nanzan University, Nagoya Campus,
Room D43

Student Host: Moeko Morimoto (3rd Year)

Limited to Undergraduate and Graduate
Students of Nanzan University

Note: Please bring a bath towel.

Please wear suitable clothing
for Yoga and easily removable
shoes.

*Eastern culture has long held
fascination in the West.*

*Yoga, in particular, has been
practiced in America and made
famous by many Hollywood stars,
seeking balance through a healthy
mind, body, and spirit,
which is the core of yoga teachings.
This workshop focuses on the
culture of yoga and its teachings
while also providing an opportunity
to learn basic yoga stretches.*

芯から美しく



Asuka Naito

- * spent her childhood in Europe, went to high school & university in the U.S.
- * fluent in 3 languages: English, French, and Japanese
- * Radio DJ (79.5FM RADIO-i MORNING LIVE)
- * Holistic Consultant
- * currently creating a program for Japanese people with the Himalayan Institute's Spiritual Head, Pandit Rajmani Tigunait, PhD.
- * deep interest in Raw Food, Macrobiotic Diet, Veganism, Vegetarianism and maintaining a healthy mind and body through correct diet
- * representative of asucar therapia inc.
- * professional dancer and dance instructor (domestically and internationally for 25 years)

Sponsor: Nanzan University, Faculty of Foreign Studies, Department of British and American Studies

Contact: The Department of British and American Studies GP Office

Tel: (052) 832 - 3111 (Ext. 3503) Email: info-eibel-gp@nanzan-u.ac.jp

<http://eibel-gp.nanzan-u.ac.jp/index.html>